



Note from the Tabor Academy Health Center

Dear Parent(s)/Guardian(s):

Your son/daughter has signed up to participate in the RDFZ Student Exchange program to the Xishan School in Beijing, China on March 9 to March 17, 2017. Tabor Academy Health Center wants your child to have the Hepatitis A and Typhoid vaccines for this trip, if they have not already had these vaccines. The CDC (Center for Disease Control & Prevention) recommends travelers to Beijing receive both of these vaccinations:

Hepatitis A – Hepatitis A can be contracted from contaminated food and water. This is a two shot series, recommended by the CDC for travel to Beijing. The second immunization dose must be a minimum of 6 months from the initial Hepatitis A vaccine. However, the series may be initiated prior to travel without completion of the series. It is strongly recommended that your child receive this vaccination prior to travel. We can provide this vaccination to Tabor Academy students for free. Please see attachment for the Hepatitis A Vaccine Information Statement from the CDC.

Typhoid – This is given as one injection. The injection can be administered months prior to departure and can be given with the second dose of Hepatitis A vaccine. Please see attachment for the Typhoid Vaccine Information Statement from the CDC. The cost of the Typhoid vaccine is \$115.70.

Other recommended vaccines your child should have already been vaccinated with include Tdap, Varicella, MMR and Hepatitis B

Hepatitis B – This is a three shot series. (All high school students should have received this series.)

Tdap Booster, Varicella and MMR – All high school students should have received these immunizations.

Protecting against **Typhoid** is strongly recommended by the CDC for travel to China. Typhoid can be a serious disease and is transmitted through the fecal-oral route, most commonly contaminated food and water. Symptoms include prolonged high fevers, weakness, stomach pains, headache and loss of appetite. We strongly recommend having your child immunized against this illness. Please see the below link for more information regarding Typhoid fever: <http://wwwnc.cdc.gov/travel/diseases/typhoid>

Malaria is considered low risk in Beijing and chemoprophylaxis is deemed unnecessary by the CDC. However, if you want to protect your child against Malaria, you should bring him/her to their PCP for Anti-malarial chemoprophylaxis medication for the trip.

Other considerations during your child's trip to Beijing:

Traveler's Diarrhea:

Travelers to Beijing, China particularly with a homestay are at risk for Traveler's Diarrhea due to contaminated food and water. Use bottled water only to drink and to brush teeth. Tap water is not safe to drink even in major cities like Beijing according to the CDC. Avoid ice made from tap water. Avoid raw foods and veggies however, you can peel and eat. Use the motto; "Boil it, cook it, peel it or leave it". It is recommended to bring your child to their PCP for a prescription for an antibiotic to bring on the homestay in the event your child becomes ill with Traveler's Diarrhea. Azithromycin is a good choice according to the CDC due to Quinolone resistance to Campylobacter. Please plan accordingly and take your child to their doctor for this prescription prior to the trip.

Rabies is a serious problem in China. Animals are not routinely vaccinated and there are many stray dogs wandering the streets. Be aware of this and do not pet or approach unknown animals.

Finally, it is imperative that you verify with your current health insurance provider and confirm whether or not they provide adequate coverage for medical emergencies while your child is out of the US. If not, you will need to purchase travel insurance for your child during their trip. Travel insurance is relatively inexpensive for short periods of time. Western medical care, hospitals, and facilities are available in Beijing. If you wish to purchase the travel insurance through Tabor Academy, our broker offers a plan for under \$60 for their entire stay. Please contact the Health Center at health@taboracademy.org and/or at (508) 983-4106 for enrollment details by February 20th 2017 the latest.

Please fill out the attached waiver form and identify if you would like to have the immunizations given by the Tabor Academy Health Center, waive the recommended vaccinations, or bring your child to their PCP for vaccine administration.

Please also fill out the attached Affidavit and Permission for Medical Treatment Form.

Return the forms to health@taboracademy.org or fax to #508-291-8368. Please direct further questions or concerns to the Director of Health Services. Hope your child has a safe and rewarding experience.

Kind regards,

Julie Przybyszewski

JULIE PRZYBYSZEWSKI, PNP, LMHC
Director of Health Services
Tabor Academy | School by the Sea
66 Spring Street | Marion, MA 02738
508.291.8306 x.8307 | 508.291.8368 fax
jprzybyszewski@taboracademy.org

